



Special Interest Classes for Teens and Adults at the Red Mountain Multigenerational Center

304102 - Lim Kenpo Karate-Adult/Teen

(This program is being offered by a contractor, independent of the City of Mesa.) FEES FOR THIS PROGRAM ARE: \$15 REGISTRATION FEE PAYABLE TO THE CITY OF MESA AT TIME OF REGISTRATION, \$35 DUE TO INSTRUCTOR THE FIRST DAY OF CLASS. ADDITIONAL \$45 FEE TO INSTRUCTOR FOR UNIFORM AND PATCH. A very unique, effective, & result oriented karate/martial art called Hawaii Kenpo. A rare part of this is teaching is life skills in a family style atmosphere which you won't find in most karate schools or sports. We teach self defense. How to avoid and get out of bad situations. We teach discipline to accomplish goals. Exercise the mind, body & spirit for health, fitness, & control stress while having fun. Respecting your elders and each other. Everyone belongs in this karate family school. No one gets cut or does not make the team. Like most sports like football, baseball, dance, softball, soccer, swimming & tennis-only the talented ones make the team, gets the attention & win. In this karate family everyone participates, is involved, makes the team & wins. There are events throughout the year that involve the whole family & not just the karate students. All our instructors are great role models to help you succeed & survive in this 21st century. This is an ongoing karate program throughout the year. Includes advancement in belt ranking. Karate class is an ongoing program-open to all ranks (Beginners, Intermediate & Advanced) For more information please contact Sifu 'Sarge' Santa Romana at 480-406-9133. Program assessment required for participants under 5yrs old. No refunds given for missed or forgotten classes. (All instructor fee refunds are the responsibility of Lim Kenpo Karate).

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
304102-11	15	99.99	05/03/2010	05/26/2010	MW	6:00 PM	7:30 PM	Red Mtn. Multigen. Center	\$50.00	5	40
304102-21	15	99.99	06/02/2010	06/30/2010	MW	6:00 PM	7:30 PM	Red Mtn. Multigen. Center	\$50.00	5	40
304102-31	15	99.99	07/07/2010	07/28/2010	MW	6:00 PM	7:30 PM	Red Mtn. Multigen. Center	\$50.00	5	40

304103 - Lim Kenpo Karate-Youth

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	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
304103-11	3	14.99	05/03/2010	05/26/2010	MW	5:00 PM	6:00 PM	Red Mtn. Multigen. Center	\$50.00	5	40
304103-21	3	14.99	06/02/2010	06/30/2010	MW	5:00 PM	6:00 PM	Red Mtn. Multigen. Center	\$50.00	5	40
304103-31	3	14.99	07/07/2010	07/28/2010	MW	5:00 PM	6:00 PM	Red Mtn. Multigen. Center	\$50.00	5	40

304107 - Aikido for Kids

(This program is being offered by a contractor, independent of the City of Mesa.) CLASS FEES FOR THIS PROGRAM ARE: \$16 REGISTRATION FEE TO THE CITY OF MESA DUE AT TIME OF REGISTRATION, \$36/\$39 INSTRUCTOR FEE PAYABLE TO "AIKIDO OF PHOENIX" DUE TO INSTRUCTOR THE FIRST DAY OF CLASS. Aikido is a defensive martial art that utilizes an attacker's energy against themselves. This class will focus on fundamental Aikido motions and philosophies and move toward more advanced techniques. Skills are taught in a spiral manner so review of previously taught skills is built into the curriculum. Students will also learn about basic safety issues and important life skills. All instructor fee refunds are the responsibility of Aikido of Phoenix. Multiple member enrollment discounts apply, please contact instructor for details. For information on this program, please contact Teresa Mastison, Aikido of Phoenix at 480-699-2334.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
304107-12	9	13.99	06/01/2010	06/28/2010	MF	6:00 PM	7:00 PM	Red Mtn. Multigen. Center	\$55.00	4	30
No class on Monday, May 31.											
304107-22	9	13.99	07/02/2010	07/30/2010	MF	6:00 PM	7:00 PM	Red Mtn. Multigen. Center	\$55.00	4	30
No class Monday, July 5.											

304365 - Belly Dance - Beginning

(This program is being offered by a contractor, independent of the City of Mesa.) CLASS FEES FOR THIS PROGRAM ARE: \$12 registration fee to the "City of Mesa" due at the time of registration. \$28 instructor fee due to the instructor the first day of class. (All instructor fee refunds are the responsibility of the instructor). Beginning belly dance class includes learning the basic structure of belly dance including basic movements and isolations. Performance structure, history of the dance, and costuming will be discussed. The class emphasizes posture, stage presence, and includes exercises that will improve balance and flexibility. A class party at the end of the session is planned to expose students to live performance and inspire creativity. For information on this program, please contact 480-990-7278.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
304365-11	12	99.99	06/02/2010	07/28/2010	W	7:00 PM	8:00 PM	Red Mtn. Multigen. Center	\$40.00	7	25

304366 - Belly Dance - Intermediate

(This program is being offered by a contractor, independent of the City of Mesa.) CLASS FEES FOR THIS PROGRAM ARE: \$12 registration fee to the "City of Mesa" due at the time of registration. \$28 instructor fee due to the instructor the first day of class. (All instructor fee refunds are the responsibility of the instructor). Beginning belly dance class includes learning the basic structure of belly dance including basic movements and isolations. Performance structure, history of the dance, and costuming will be discussed. The class emphasizes posture, stage presence, and includes exercises that will improve balance and flexibility. A class party at the end of the session is planned to expose students to live performance and inspire creativity. For information on this program, please contact 480-990-7278.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
304366-11	12	99.99	06/02/2010	07/28/2010	W	8:00 PM	9:00 PM	Red Mtn. Multigen. Center	\$40.00	7	25

324115 - Healthy Living 4 Kids

(This program is being offered by a contractor, independent of the City of Mesa.) CLASS FEES FOR THIS PROGRAM ARE: \$15 REGISTRATION FEE TO THE CITY OF MESA DUE AT THE TIME OF REGISTRATION. \$35 INSTRUCTOR FEE TO INSTRUCTOR THE FIRST DAY OF CLASS. Multiple family member discount available, please contact instructor for details. Instructor payments must be cash or check, and all instructor fee refunds are the responsibility of the instructor. NO REFUNDS FOR MISSED OR FORGOTTEN CLASSES. This weekly camp will equip your child with the proper tools to make better and healthy nutritional choices through hands-on snack creating activities, while participating in exciting fitness programs, self-esteem and character building activities. Participants will be separated into age appropriate groups and rotate to each activity. At the completion of the program, children will be able to create healthy yet tasty snacks unassisted, understand daily nutritional requirements and learn an easy-do-anywhere fitness program. Children should bring a packed lunch, bottle of water and wear clothes they can move in. Must wear sneakers. Some activities involve water, but no swimsuit is necessary. Fitness portion is held outdoors so apply or send sunscreen/hat as needed. Please do not send juices, candy or sugared drinks. For program information, please contact Kimberly Green Lustig at 480-310-2471 or wellnesswarriors@hotmail.com

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
324115-02	5	13.99	06/07/2010	06/09/2010	MW	12:00 PM	4:00 PM	Red Mtn. Multigen. Center	\$50.00	10	20
324115-03	5	13.99	06/14/2010	06/16/2010	MW	12:00 PM	4:00 PM	Red Mtn. Multigen. Center	\$50.00	10	20
324115-04	5	13.99	06/21/2010	06/23/2010	MW	12:00 PM	4:00 PM	Red Mtn. Multigen. Center	\$50.00	10	20
324115-05	5	13.99	06/28/2010	06/30/2010	MW	12:00 PM	4:00 PM	Red Mtn. Multigen. Center	\$50.00	10	20

324154 - RMMC Climbing Wall Courses

(This program is being offered by a contractor, independent of the City of Mesa.) CLASS FEES FOR THIS PROGRAM ARE: \$42 REGISTRATION FEE TO THE CITY OF MESA DUE AT THE TIME OF REGISTRATION. \$98 INSTRUCTOR FEE TO INSTRUCTOR THE FIRST DAY OF CLASS. (All instructor fee refunds are the responsibility of the instructor). Through this course, students will learn the skills needed to safely climb, and will learn techniques and movement that will allow them to advance through more challenging climbs. Proper equipment use, knot tying, belaying and climber calls will also be taught. Please wear clothes you can move in. Pants or shorts required, no skirts. Sneakers are a must. Climbing shoes are available for rent for \$1 per use at the RMMC front desk. Socks are required for all shoe rentals. For additional information on this program please contact the instructor at 480-277-0516.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
324154-15	13	15.99	06/08/2010	07/01/2010	TuTh	12:30 PM	1:45 PM	Red Mtn. Multigen. Center	\$140.00	8	16

344142 - Hip Hop Advanced for Teens

(This program is being offered by a contractor, independent of the City of Mesa.) CLASS FEES FOR THIS PROGRAM ARE: \$12 REGISTRATION FEE TO THE CITY OF MESA DUE AT THE TIME OF REGISTRATION. \$28 INSTRUCTOR FEE TO INSTRUCTOR THE FIRST DAY OF CLASS. Multiple family member discounts may apply to instructor fees, please contact instructor at 602-327-9700 for details. (All instructor fee refunds are the responsibility of the instructor). This class will only meet 6 times between June 1 and July 27. NO CLASS on June 29, July 6, and July 20. Are you serious about Hip Hop? Have you been looking for that advanced level with teens your ages and are having a hard time finding it? Well, look no further. This class is filled with energy, new choreography and a chance to really jam! Taught by professional choreographer Stacy J! Please wear clothes you can move in. No restricting or revealing clothing. Sneakers are a "must". Please make sure your sneakers are clean on the bottoms. No refunds for missed classes. Dancers are encouraged to do "make-up" classes via permission of the instructor.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
344142-11	13	18	06/01/2010	07/27/2010	Tu	1:00 PM	1:45 PM	Red Mtn. Multigen. Center	\$40.00	6	12
NO CLASS on June 29, July 6, and July 20.											

344143 - Hip Hop for Adults

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	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
344143-11	18	100	06/01/2010	07/27/2010	Tu	8:00 PM	8:45 PM	Red Mtn. Multigen. Center	\$40.00	6	30
	NO CLASS on June 29, July 6, and July 20.										

344361 - It's Strictly Ballroom

(This program is being offered by a contractor, independent of the City of Mesa.) CLASS FEES FOR THIS PROGRAM ARE: \$10 registration fee to the "City of Mesa" due at the time of registration. \$35 instructor fee due to the instructor the first day of class. (All instructor fee refunds are the responsibility of the instructor). This class is for the beginner ballroom dancer and will teach the basic steps of Foxtrot, Waltz, Tango, Cha Cha and Swing. Participants will learn to comfortably lead or follow dance steps learned in class on the dance floor. Hard-soled shoes required. No partner needed. Dance party at the end of the session. For information on this program, please contact 480-363-9997.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
344361-11	16	99	06/02/2010	07/07/2010	W	7:00 PM	8:00 PM	Red Mtn. Multigen. Center	\$45.00	7	25

344365 - Belly Dance - Beginning

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	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
344365-11	12	99.99	06/02/2010	07/28/2010	W	7:00 PM	8:00 PM	Red Mtn. Multigen. Center	\$40.00	7	25

344366 - Belly Dance - Intermediate

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	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
344366-11	12	99.99	06/02/2010	07/28/2010	W	8:00 PM	9:00 PM	Red Mtn. Multigen. Center	\$40.00	7	25

344381 - Spicy Salsa Dancing

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	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
344381-11	16	99.99	06/02/2010	07/07/2010	W	8:00 PM	9:00 PM	Red Mtn. Multigen. Center	\$45.00	7	25

344410 - Write for Health

(This program is being offered by a contractor, independent of the City of Mesa.)Succeed in 2010! Health experts believe that keeping daily records of your exercise and healthy meal choices will motivate and help you to maintain a healthy lifestyle. Students will create and keep Health and Wellness journals that include positive affirmations, healthy eating choices and meal planning, exercise regimen tracking, and motivation to stay on goal. Participate in class writing exercises and share your achievements and experiences with classmates. On your own, purchase a journal before the first day of class and consult with your physician to determine the proper mode, level of exercise and nutrition ideal for you.CLASS FEES FOR THIS PROGRAM ARE: \$15 registration fee to the "City of Mesa" due at the time of registration. \$35 instructor fee (cash or check only) to "Marilyn June Janson" due to the instructor the first day of class. (All instructor fee refunds are the responsibility of Marilyn June Janson). For information on this program, please contact Marilyn June Janson at 480-699-6389.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
344410-11	18	99	06/10/2010	07/01/2010	Th	6:30 PM	8:30 PM	Red Mtn. Multigen. Center	\$65.00	6	35